



# British Girlguiding Overseas



## Stay At Home Challenge Pack

**Welcome to the British Girlguiding Overseas Stay at home challenge pack.**

This challenge is available for all members of British Girlguiding Overseas Rainbows, Brownies, Guides, Rangers and volunteers and can be completed at any time from Monday 4th May until Friday 4th September 2020 .

In this pack you will find 28 Challenges in three groups:

- \* **Being Creative**
- \* **Outdoors & Well being**
- \* **Guiding Skills**

All members should complete a minimum of 3 challenges from each group plus 3 extras.

Of course, if you would like to complete more challenges then that's great!

Once you have completed the challenges, please complete the form at the end of this challenge pack and send it to :

[chief@british-girlguiding-overseas.org.uk](mailto:chief@british-girlguiding-overseas.org.uk)

Your badge will be sent to you via your unit leader after the 4th September.

### **Remember:**

**Stay Safe! Please discuss these challenges with your parents/carers before choosing your clauses. Some adult supervision may be required.**



**Here is the choice of challenges. Remember to discuss them with your parent/carer as you need to keep safe while completing the challenges.**

### **Group A: Being Creative**

1. Recreate a famous landmark from where you live in some way
2. Make a message to display in your window which will make someone smile
3. Make yourself an outfit using clean rubbish. Take a photo to show us!
4. Upcycle something to create something new.
5. Draw a picture to show how you have felt and what you have done during the lockdown
6. Make something to juggle with and then learn to juggle.
7. Mend something which is broken - ask for help with this.
8. Create a memory box/book of thoughts - you could record your challenges in this if you would like to.
9. Make up a new game to teach your guiding friends when you return to weekly meetings

### **Group B Outdoors and Well being**

10. Read a book in an unusual place.
11. Ask an adult to help you go online to watch & join in the online BGO Yoga fun which will be available to watch for the duration of the challenge.  
<https://www.youtube.com/channel/UCDqMdeGK2SYgcHlxDJ22VHg>
12. Join and watch a BGO virtual dance class which will be live online from 6th June. Ask an adult to help you get online to do this. A different dance will be available to view for a few days each month starting on 6th June At the end of the challenge you will be able to see a live stream of all the dances at different times so that members can join in.  
<https://www.youtube.com/channel/UCDqMdeGK2SYgcHlxDJ22VHg>
13. Go on a walk in your garden (or surrounding area with an adult), take photos or collect objects where the first letter of the object will help spell your section - Rainbows, Brownies, Guides or Rangers
14. With an adult, create a fun obstacle course and see how many times you can complete it in 10 minutes.
15. Create a picture collage using natural objects.
16. The night sky - find North or South using the stars. Find out more in the support section of this challenge pack.

17. Plant something from seed - flowers or something edible
18. Do 10 minutes of keep fit exercises per day for 7 days.

### **Group C Guiding skills**

19. Learn something about another British Girlguiding Overseas country; craft, national dish, festival, national dress etc
20. Make a card which shows all the guiding family - Rainbows, Brownies, Guides, Rangers, Leaders. Give it to someone.
21. Find out about the WAGGGS World Centres. Which one would you like to visit? Why? There are links to find out more in the support section of the challenge pack.
22. Codes - solve & make your own. Find out more in the support section of this challenge pack.
23. Have a sleepover in a room of your house/flat which isn't your bedroom. Sleeping outside may be OK but talk to your parents.
24. Make a friendship knot to exchange with a guide friend when you next see her. Find out more in the support section of this challenge pack.
25. Start a camp blanket
26. Teach someone else a campfire song that you know.
27. Create the trefoil using different coins - how many coins did you use and what is their total value?
28. Plan your day to include helping someone to do a job you normally wouldn't do.

## Activities support :

### Here are the links to the world centres :

Our Chalet - Switzerland : <https://www.waggs.org/en/our-world/world-centres/our-chalet>

Our Cabana - Mexico : <https://www.waggs.org/en/our-world/world-centres/our-cabana>

Sangam - India : <https://www.waggs.org/en/our-world/world-centres/sangam/>

Pax Lodge - United Kingdom : <https://www.waggs.org/en/our-world/world-centres/pax-lodge/>

Kusafiri - Africa : <https://www.waggs.org/en/our-world/world-centres/kusafiri/>

### Finding north star in North and the Southern cross in the Southern hemisphere

Watch these short videos :

The Northern hemisphere :

[https://www.google.com/search?client=safari&rls=en&q=how+to+find+the+north+star+in+the+northern+hemisphere&ie=UTF-8&oe=UTF-8#kpvalbx=\\_4OWqXtPFN6iXlwT-3ly4Cg62](https://www.google.com/search?client=safari&rls=en&q=how+to+find+the+north+star+in+the+northern+hemisphere&ie=UTF-8&oe=UTF-8#kpvalbx=_4OWqXtPFN6iXlwT-3ly4Cg62)

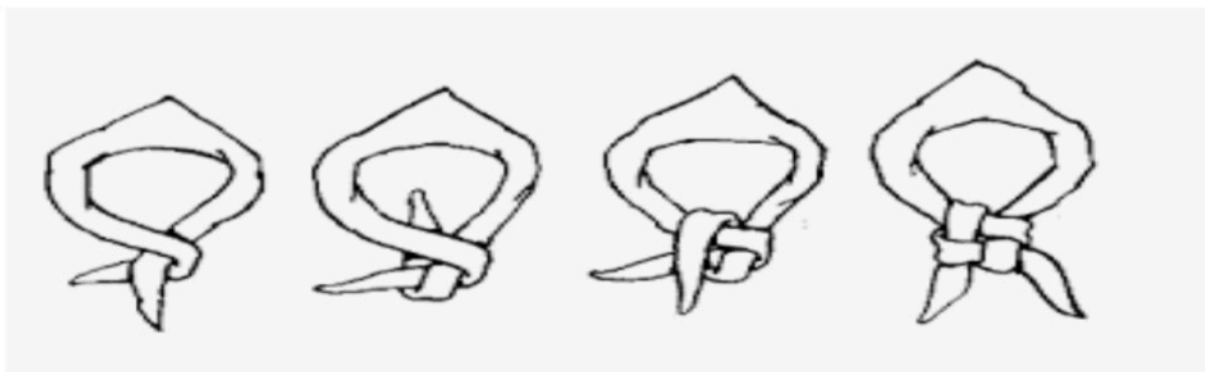
The Southern hemisphere :

<https://www.youtube.com/watch?v=-qZaiE9n-Z8>

### How to tie a Friendship knot:

Watch this short video:

<https://www.youtube.com/watch?v=B82YK6Yjdc>



Codes : Letters/numbers :

A	1	N	14
B	2	O	15
C	3	P	16
D	4	Q	17
E	5	R	18
F	6	S	19
G	7	T	20
H	8	U	21
I	9	V	22
J	10	W	23
K	11	X	24
L	12	Y	26
M	13	Z	27

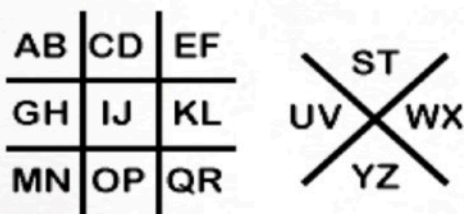
Try to work out this message using the code above :

8 /5 /12/ 12/15 8/15/23 26/15/21 ?



2/18/9/20/9/19/8 7/9/18/12/7/21/9/4/9/14/7 15/22/5/18/19/5/1/19.

Pigpen code :

The Pigpen code (also sometimes called the Freemason's or Rosicrucian cipher) is quite easy to catch on to. First you write out the whole alphabet in two grids, as shown:



Each letter is represented by the part of the "pigpen" that surrounds it. If it's the second letter in the box, then it has a dot in the middle.

So an A looks like this:   
 And a B looks like this: 

Can you work out this message ?



## Chief's Stay At Home Challenge form



When you have completed the required challenges of your choice, please complete this form, scan and send it to Diane, British Girlguiding Overseas Chief Commissioner at : [chief@british-girlguiding-overseas.org.uk](mailto:chief@british-girlguiding-overseas.org.uk)

First name and first letter of your surname :

Section: tick the correct one.

- Rainbow
- Brownie
- Guide
- Ranger
- Volunteer

Name of your unit :

Name of your unit leader :

Photograph or scan of one of the things you did for this challenge.

Tick boxes of the numbered clauses to tick which have been completed

Record Chart

A	Being Creative	B	Outdoors and Well Being	C	Guiding Skills
1		10		19	
2		11		20	
3		12		21	
4		13		22	
5		14		23	
6		14		24	
7		16		25	
8		17		26	
9		18		27	
				28	